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PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Diabetes Program Coordinator 737-5946

Free Foot Exam Clinics Scheduled for People with Diabetes

The Magic Valley Diabetes Coalition is partnering with the Idaho Student Nursing Association at the College of Southern Idaho to offer a free foot exam clinic for people with diabetes who are newly diagnosed, have never had a foot exam, or have not had a foot exam for several years. Podiatrists Dr. Craig Holman, D.P.M., and Randy Wraalstad, D.P.M, will be supervising the CSI nursing students while they conduct the free exams on Friday, June 30, and Friday, July 21, from 1-3 p.m. at South Central District Health.

“According to the American Diabetes Association, about 82,000 non-traumatic lower-limb amputations are performed each year among people with diabetes,” said Susie Beem, Diabetes Program Coordinator for South Central District Health. “Diabetes is the leading cause of amputation of the lower limbs. However, it is clear that as many as half of these amputations might be prevented through simple, yet effective, foot care practices.”

People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation, and poor healing of foot ulcers. All of these conditions contribute to the high amputation rate in people with diabetes, but early identification of foot problems and early intervention to prevent problems from worsening can avert many amputations. It is recommended that people who have diabetes have their feet examined *at least* once a year by a trained health care professional.

South Central District Health is located at 1020 Washington St. North on the CSI campus. To make an appointment for a free foot exam, contact Susie Beem at 737-5946.

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